



**Do you have diabetes or pre-diabetes** (high blood sugar)? Would you like to learn how you can **take charge of your health** and get control of your diabetes while taking part in **fun, interactive** activities? **JOIN US for FREE Diabetes Empowerment Education Program (DEEP)<sup>TM</sup> classes!** The classes are designed for people with Medicare, but all are welcome. These classes are led by trained community members and support (not replace) education from your health care providers and certified diabetes educators. Come learn about diabetes and how it impacts your health!

**These six, FREE, peer-led diabetes classes will meet at:**

**Flathead County**

**South Campus Conference Room**

40 11<sup>th</sup> St. West • Kalispell, MT 59901

**Dates and times:**

**Mondays**

**Nov. 6, 13, 20 and 27 • Dec. 4 and 11**

**1:30 to 3:30 PM**

**To register, please contact the Flathead County Agency on Aging at (406) 758-2471. We need at least 5 people to register to hold the class. Only 15 seats are available, so call now!**



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